

Pork and Noodles

This can be a quick dish made from leftovers in the fridge, especially grilled pork chops or made entirely fresh. If made from leftovers, it may only take 20 minutes to prepare, mostly cooking the pasta. Vegetables can be added to the dish, or eaten separately. When I first learned to live gluten free, I thought I wouldn't be able to cook this dish anymore. Thankfully, I can, although the noodles take a little more effort since they cook at a lower temperature to avoid breaking up too easily. Add a few vegetables and you have food for several meals.

Pre Cook Preparation:

Marinate: With onions and mushrooms

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Mushrooms

Noodles (gluten)

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan:

2.5 quart oven safe pan with lid for pork

8 quart stockpot for noodles

Ingredients:**Meat:**

Pork chops

Vegetables:

15 ounces of broccoli

15 ounces of carrots

15 ounces of peas

Optional:

4 ounces of mushrooms

1/4 cup of onions

Other ingredients:

2 boxes of noodles (gluten free)

Dash of salt

Spices such as pepper to taste

Preparation time: 10 to 15 minutes

Preparation:**Meat:****1. Chop:**

15 ounces of broccoli

15 ounces of carrots

Optional:

4 ounces of mushrooms

1/4 cup of onions

Pork chops

2. Place pork chops in 2.5 quart pan.

3. Cover with 4 ounces of mushrooms and optionally 1/4 cup of onions.
4. Cook pork chops for 1 hour at 350 degrees.

Noodles:

1. Place the 8 quart sauce pan on the stove 3/4 full of water and turn to medium heat.
2. As soon as the water boils, add the 2 boxes of noodles slowly, stirring frequently.
3. As soon as noodles begin to boil, turn heat down and continue to stir until done.
4. Drain noodles.

Combine:

1. Place noodles on plate.
 2. Cover with:
 - 15 ounces of broccoli
 - 15 ounces of carrots
 - 15 ounces of peas
 - Chopped pork chops
- Optional:
- 4 ounces of mushrooms
 - 1/4 cup of onions

Cook Temperature:

350 degrees for pork
Medium to low heat for noodles

Cook Time: About 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.